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HOMEMAKERS' CHAT

U. S. DEPARTMENT  
OF AGRICULTURE  
OFFICE OF INFORMATION

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Cap 2  
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(Release on receipt)

SUBJECT: " A Triple-Header" (Spinach) Information from Office of Marketing Services, War Food Administration.

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In baseball language, spinach is a triple-header. In addition to the vitamin A value you also get about one-fourth of your day's supply of iron when you eat 3 ounces of cooked spinach. Add for extra good measure your serving of spinach supplies you with riboflavin....one of the B Vitamins that help you resist disease. So when you consider all these things your purchase of spinach definitely could be called a smart buy.

As an intelligent homemaker you select foods in season, and particularly the foods that appear in abundance in the market. Especially now when great quantities of canned foods are being shipped to war, the wise shopper watches the fresh vegetable market for the best buys of the season. During January, February and March, Texas and Florida spinach grows at its best. Texas soil is especially well adapted to the growth of crisp, dark green spinach and that particular state ships out thousands of carloads of spinach to all parts of the country west of the Alleghenies. Florida supplies most of the east coast states with their spinach.

Spinach is packed into bushel baskets and loaded into refrigerated cars that speed the spinach to its farthest destination in 5 to 9 days. When you select spinach buy the young, dark green leaves. Since spinach grows close to the ground it is likely to be sandy, and must be thoroughly washed. You can wash it piece by piece under running water or you can swish it around and up and down in a pan of water. Repeat the washing in fresh water until the spinach is perfectly clean. Cook it in the water which clings to the leaves from the last bath. Cover the pan, place it over a low fire, and cook it only until tender, no longer. You can season spinach with meat drippings, or butter or fortified margarine.

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